

HOLY CATSUIT, BATMAN!

RICHARD CROUSE PICKS THE MOST
PURR-FECT VILLAIN OF THEM ALL

PAGE 10



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Divers recover body from pond

Mysterious death.
Police seek answers in
teen's drowning



SHANE
GIBSON
shane.gibson@metronews.ca

Winnipeg police are working to identify a teenage male found drowned in a Tyndall Park retention pond Tuesday and piece together how he ended up in the water in the first place.

Police were called to the pond in Albina Park in the 2400 block of King Edward Street around 2 p.m. Monday, after two witnesses reported watching a distraught young man go into the water and not come out.

"It did appear that he did remove some clothing, enter the water, and then came back onto land ... yelling some obscenities and obviously somewhat dis-

Reaction

"I'm not surprised at all. My entire life all I've seen is cruisers around here. You really just get used to it."

Parabiot Gill, local resident

traught," explained police spokesperson Const. Jason Michalyshen of the witness reports.

"He entered the water again, and it's at that time he was last seen in the pond."

Witnesses told police the teen said he'd been recently injured in an assault, but he chased away passersby who offered help before getting into the water.

Police have not ruled out drug or alcohol use contributing to the teenager's state.

Emergency

crews

combed the area Monday afternoon, but did not find the missing young man.

The WPS underwater search and recovery unit arrived Tuesday morning and found his body in the pond's heavy underwater weeds just before 1 p.m.

Michalyshen said police are asking anyone with a missing male family member around 16 or 17 years of age to contact police.

"This is a young person who has family members and friends, and at some point ... someone is going to be very, very concerned," he said.

The investigation continues.

Anyone who may know who the young man is, or has more information about what led up to the incident, is asked to call police.



Follow Shane Gibson on
Twitter @tsgibson



A police diver emerges from a Tyndall Park pond covered in heavy weeds while searching for a drowned teenage male Tuesday. A body was found later in the day. SHANE GIBSON/METRO

Say 'bye, bye' to HI pub?

The popular pub and restaurant may have to close its doors due to debt incurred during the construction of its hostel, which has failed to generate anticipated profit

PAGE 3

Toronto left reeling after mass shooting

Police suspect shooting at block party, which killed two and injured 23 people — including a 22-month-old toddler — is gang-related

PAGE 7

Sinclair is still on target

Soccer star Christine Sinclair — Canada's leading goal-scorer — will lead the No. 7 Canadians in their opener at the London Olympic Games against third-ranked Japan on July 25

PAGE 17

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tc • MEDIA

Winnipeg Fringe Festival gets underway

Metro Winnipeg and CBC Manitoba proudly bring you reviews of some of this year's Winnipeg Fringe Festival shows. Reviews will run in Metro Winnipeg daily during the duration of Fringe.

Medicine

Local Rascal Productions
Venue 16 (PTE Mainstage)
You take it with a grain of salt when a writer/performer describes his latest piece his best. But in this case, TJ Dawe may be right. And given the quality of his past work, that says a lot about Medicine. This time out, Dawe's monologue explores a therapeutic retreat he took with B.C. self-help guru Dr. Gabor Mate, which happened to involve sessions utilizing a "Peruvian shamanistic psychotropic" called ayahuasca.

In the interest of avoiding spoilers, I won't say any more, except that Dawe arrives at conclusions that are life-changing for him, and just might make you take a deep look at yourself. And that's storytelling at its finest.

Of Mice and Morro and Jasp

Up Your Nose and In Your Toes (U.N.I.T.) Productions
Venue 17 (PTE — Colin Jackson Studio)
Frankly, I'm surprised it's taken this long for somebody to bring us Steinbeck performed by clowns. Luckily, the clown duo of Morro and Jasp (Heather Marie Annis and Amy Lee) have stepped in to fill that void, and they make Of Mice and Men twice as funny as it originally was. Well, OK, maybe more — their take on the story is downright hilarious.

Fallen on hard times, Morro and Jasp aim to make a living staging Steinbeck's story, in spite of their belief

that "tragic endings are s—ty." In their version, the clown sisters are forced to the bottom of the clowning heap, when they join a traveling carnival to make ends meet. Much entertaining shtick ensues.

But what really makes this story click is the utter commitment Annis and Lee (with director Byron Laviollette) bring to their lovably innocent characters. The show's aimed at adults, but it will bring out your gleeful inner kid — particularly with the decidedly non-tragic ending. I kinda like their ending better.

Zack Adams: A Complete History of Zack Adams

Weeping Spoon Productions
Venue 26 (the Folk Exchange)

It's a long road to mediocrity, but every journey begins with a single step." With self-effacing charm, Australian comedian Zack Adams begins his autobiographical monologue — which may not be groundbreaking, but is better than "mediocre."

It's the tale of how Adams came to be a performer. And the "I just want to entertain!" story isn't new, or hugely surprising. But Adams sells his story by being an immensely likable and genuine performer.

All reviews are by the CBC's Joff Schmidt, who saw the plays at Toronto Fringe earlier this month.



FOR MORE REVIEWS SCAN THE CODE,
OR CHECK OUT CBC'S FRINGE FESTIVAL REVIEWS ONLINE AT CBC.CA



The Ellice Street hostel will be put up for sale. SHANE GIBSON/METRO

HI hostel to say goodbye

Prime location.
Future of pub and restaurant uncertain with building to be put on the market

LAUREN PARSONS
winnipeg@metronews.ca

A popular downtown pub and restaurant could soon be closing its doors.

In a few short weeks the Ellice Street Hostelling International (HI) Manitoba building will be put on the market after being unable to make a substantial profit from the 120-bed, low-budget accommodation.

"It's not something we've come to too lightly," said Clara Mackay, spokesperson for the Forks-North Portage Partnership (FNPP). "They've done some great things for the area."

The building was purchased by FNPP in 2008 in a partnership with HI, but the hostel's low number of guests and debt from construction ended up being too much to overcome.

"We found it critical to be a part of the urban renewal," said Bob Somers, spokesperson for HI Manitoba. "We also have a great manager who has a head for entertainment and bringing people in there."

Because of that, it came as no surprise to Somers that soon after opening, the Lo Pub

became a popular destination for students and young adults in Winnipeg.

"Hostels all have a common area, like a kitchen, where you get together and meet people from around the world — what we have here is a great place where not only are guests doing that, they also get to meet with locals," said Somers.

The Lo Pub and Lo Bistro, along with the hostel, will remain open until the building has been sold.

Somers said there are no concrete plans to obtain a new building as of yet, but he hopes to see a future for HI in Winnipeg.

"Hopefully whatever we do, it's not a finale," said Somers.

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NEWS

On the web

Make your mark with the moonwalk

Think you've got Michael Jackson's moves? Here's your chance to prove it, says music legend Berry Gordy, who will bring Motown's most influential singers to Broadway. Go to metronews.ca to read more about the making of the musical.

Mobile news



Who needs the fire brigade when all you really require these days is a neighbour with arms of steel? Scan the code to see how a heroic man rescued a girl who fell from her third-floor apartment.

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Crime. 15-year-old boy shot in North End home

Police aren't ruling out gang activity after a teen was shot Tuesday morning in a home in the North End.

Police said they were called to the 400 block of Burrows Avenue just after 5:30 a.m., where they found the 15-year-old male victim, who had been hit in the lower body.

Members of the major crimes unit are investigating, and police spokesperson Const. Jason Michalyshe said the shooting might be gang-

related.

"We're certainly looking into that possibility," he said late Tuesday morning.

"There is some information to support that at this point.... We're going to be looking into all possibilities with regards to who may be involved, and why this incident occurred."

The victim was taken to hospital where he is in stable condition.

SHANE GIBSON/METRO

Crime. Police cadets stop alleged sexual assault

A pair of WPS cadets were at the right place at the right time Monday night to stop an alleged sexual assault in progress.

The cadets were patrolling the downtown around 11:40 p.m. when they noticed two men allegedly assaulting a 28-year-old woman near the back lane of the 400 block of Hargrave Street.

"It appears that the incident was in progress, and as a result of (the cadets') efforts further injury was prevented," said po-

The suspects

Johnny Duck, 41, and Dwight Fabian McKay, 27, have each been charged with sexual assault.

- Both men have been detained in custody.

lice spokesperson Const. Jason Michalyshe. "Excellent work on their part." SHANE GIBSON/METRO

SlutWalk Winnipeg back and 'more inclusive'

Bigger numbers a goal. Organizers hope to see more supporters for second year

LAUREN PARSONS
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SlutWalk Winnipeg is hitting the streets for a second year with a new slogan: I'm Not the Label You Place on Me.

"Last year there was a lot of backlash about the name; they hear the word 'slut' and automatically think of scantily clad women," said co-organizer Cassandra Swan. "People tell us to change the name, but the name is important."

The SlutWalk movement started in 2011 after Toronto police officer Michael Sanguinetti told a group of students that "women should avoid dressing like sluts" in order not to be victimized. The Winnipeg SlutWalk was also fuelled by victim-blaming comments made by Queen's Bench Justice Robert Dewar the following month.

"Last year it was a really

Tackling myths

"A lot of people think rape happens in some dark alley downtown, but usually, probably 80 per cent of the time, it's someone you know."

Kayla McMillan, SlutWalk Winnipeg co-organizer

new concept and the goal was to educate people, especially young girls, that rape is not the victim's fault," said co-organizer Kayla McMillan.

About 300 supporters made it out to the walk last year.

"The new slogan is a bit more inclusive. We hope that it brings out a bigger audience of people," said McMillan.

SlutWalk takes place Sept. 15. The 1.5-kilometre walk will begin at the Law Courts and end at the Legislative Building, with speakers from Winnipeg group CherryStems and Winnipeg SlutWalk organizers Sam Harris and Sherrie-Lee Chiaro.

Participants are encouraged to bring signs that represent what SlutWalk means to them.



Kayla McMillan, left, and Cassandra Swan, two of SlutWalk Winnipeg's organizers. LAUREN PARSONS/FOR METRO



Bombers quarterback Buck Pierce talks to the media Tuesday about his latest injury. DAVE BAXTER/FOR METRO

Bombers' Pierce out for four weeks

Winnipeg Blue Bombers quarterback Buck Pierce says his latest in a long line of "frustrating" injuries will keep him out of the Bombers lineup for about a month, but he fully intends to get back on the field this season.

"It's going to be about four weeks," said Pierce. "I'm pretty sure it's four or less. This one hurts. I'm not very happy."

Pierce tore ligaments and a muscle in his left foot during the Bombers' 42-10 blowout loss in Edmonton on Friday, when he was hit by Eskimos defensive tackle Ted Laurent. It was the second time in three games this season that Pierce was not able to finish a game due to injury.

"He hit me low. I tried to get up and walk it off. I didn't know it was as bad as this."

Pierce said he is frustrated with the number of injuries he has sustained in his ca-

By the numbers

22

In 58 career starts in the CFL, Pierce has left 22 of those games due to injury.

reer, but he will do whatever he can to get back on the field as soon as possible.

"You love football and sometimes football doesn't love you back. That's the frustrating part about it. Every time I heal up from something I feel great, I feel like I'm ready to go and I'm out of the woods, and then something fluke like this happens."

The Bombers play the Argonauts Wednesday night in Toronto. Alex Brink will start at the quarterback position with Joey Elliott as his backup.

DAVE BAXTER/FOR METRO

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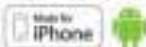
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Superheroes hope to change kids' minds about bullying

Greg Renton is using the classic superhero image to send positive messages that he hopes will put kids on the right path.

Renton is the creator of the Team Shield-World Heroes: Positive Lifestyle Choices promotion, a program where adults dress like superheroes and go talk to kids about positive lifestyle choices.

He believes that positive messages must be brought to kids at a young age while their brains are still developing.

"By the time kids are 10 or 11 their psychology is already made up. We need to get positive messages to kids that are more like six or seven years old," said Renton.

"Using superhero images is a better way to get through to kids rather than just having an adult speak to them."

Renton said he will take his promotion wherever he can to talk to kids because he believes his cause is that important.

"Kids make decisions about good and bad at a young age. We talk about the dangers of bullying and about empathy. We get their



Paul Taylor shows off his superhero suit that is used to help give positive messages to kids. CONTRIBUTED/GREG RENTON

attention at the early age when their brains are still developing."

Along with talking to kids, the promotion will give away superhero trading cards.

"The first card of the Team Shield-World Heroes: Series 1 set will be available for free at Cover to Cover on Pembina

Highway. All you have to do is write to or tell Tony, the owner, what heroic deed you have done to get one. This heroic deed can be something like you helped your mom or dad with something around the house or held a door for someone at the store."

DAVE BAXTER/FOR METRO



Metro Winnipeg reporter Lauren Parsons has a few smudges after her run. METRO

The world's grittiest 5K adventure race?

In the field. Metro reporter Lauren Parsons gets dirty at the Dirty Donkey Run

LAUREN PARSONS
winipeg@metronews.ca

Tuesday morning I jumped over and under hurdles, through a field of thick mud, climbed through a series of canoes, conquered hay-bale towers, and crawled on elbows and knees through a muddy pool of cold water.

This was just a short preview of what's in store for the Dirty Donkey Run, a five-kilometre obstacle adventure race

Added challenge(s)

"Most people can run 5K in around half an hour, but when you add obstacles, that's where the challenge is."

Rick Shone, Dirty Donkey Run organizer

from Swamp Donkey Adventure Racing.

Organizer Rick Shone and his team began designing races five years ago with a nine-hour obstacle competition for trained athletes, and have since designed a total of 14 races.

"This one is more of a fun one — basically anybody can participate," he said.

If racers don't feel comfortable doing an obstacle, they are allowed to bypass it, but this does affect their overall time placement for the race.

The race has about 750 participants signed up so far, and more than 1,000 are expected by race day. People can register as solo racers or as a team of any size. After getting covered head to toe in mud and dirty swamp water, I'm excited to get messier doing the real thing next month.

The Dirty Donkey Run takes place Aug. 18 at Springhill Winter Park and Oasis Resort starting at 9 a.m. Registration is \$79 per racer, and a portion of proceeds and pledges will go towards the MS Society of Manitoba.

Sexual-harassment inquiry. Man says he never talked to judge about sex

A man who says he was sexually harassed by a Manitoba judge admitted Tuesday he never had any discussion with her about sex, but insisted she was part of a strange plan of sexual harassment that included two meetings at a Winnipeg bar.

"She had to know why she was there. (Her husband) had been trying to convince her to get into this stuff with me," Alexander Chapman told the Canadian Judicial Council inquiry into Lori Douglas, an associate chief justice of the Manitoba Court of Queen's Bench.

The inquiry is examining whether Douglas should be removed from the bench be-

cause of Chapman's complaint and because of sexually explicit photos of her that were posted to the Internet.

Chapman alleges he had been the target of a sexual plan by Douglas and her husband, Jack King, in 2003. At the time, King was Chapman's divorce lawyer and Douglas was a lawyer at the same firm as her husband.

Chapman, who is black, alleges he was approached by King to have sex with Douglas, and was directed to Dark Cavern, a website dedicated to sex between black men and white women.

On that website were two dozen photos of Douglas, some of which showed her in bond-

age gear or performing sex acts.

Under questioning Tuesday, Chapman admitted that all the phone calls, emails and other communication he had about sex were with King only.

"This is all from him. You never received anything from her, did you?" asked Kirsten Crain, one of the independent lawyers leading the inquiry.

"No," Chapman agreed.

The only direct interaction between Douglas and Chapman occurred during two meetings at a downtown bar in May 2003. In the first, Chapman said there was no flirtation. During the second, Chapman alleges Douglas touched his body as the two discussed exercise. **THE CANADIAN PRESS**

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- 4:00 pm - Manitoba Chess Association's Youth Speed Chess Demonstration (ages 16 and under)
- 4:30 pm - Sign up for free Simultaneous Exhibition (limited spaces)
- 5:00 pm - Simultaneous Exhibition Tournament with Manitoba's chess champion Trevor Vincent



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Police suspect Toronto shooting that left 2 dead was gang-related

23 wounded. Police described shootout, which involved multiple guns, as an 'unprecedented' episode of violence

Toronto police were sending reinforcements Tuesday to a diverse east-end neighbourhood as they vowed to relentlessly root out the gunmen who opened fire at a bustling block party, killing two people and sending two dozen others to hospital.

About 200 people were at the barbecue held outside a community housing complex Monday night when gunmen started shooting after an altercation in what police are calling the worst incident of gun violence in the city's recent history.

Homicide detectives identified the two people killed as 14-year-old Shyanne Charles of Toronto and 23-year-old Joshua Yasay of Ajax, Ont.

Police said 23 others were sent to hospital with gunshot wounds, including a 22-month-old child who was grazed by a bullet and is in stable condition. One person was trampled in the stampede that followed.

Some of the wounded,



Shyanne Charles TORSTAR NEWS SERVICE

aged between one and 33 years old, have been treated and released. One man remains in critical condition in hospital, police said.

Messages of grief quickly appeared on social media even as some hinted the deaths could spur more violence. "The hood gained another angel to look over us, RIP," one person wrote on Twitter.

Police Chief Bill Blair said police suspect the shooting was gang-related.

"We believe from information that we have received to date that this altercation involved two individuals and as a result there was an exchange of gunfire," Blair said at a news conference.

Police have asked for anyone with video or photos of the incident to send them in.

THE CANADIAN PRESS



Neighbours watch as police walk by on Tuesday near the scene of a shooting where two were confirmed dead and 23 others wounded at an outdoor barbecue in Toronto Monday night. AARON VINCENT ELKAIM/THE CANADIAN PRESS

Boy Scouts stick with ban on gay members

After a confidential two-year review, the Boy Scouts of America on Tuesday reaffirmed its policy of excluding gays, angering critics who hoped that relentless protest campaigns might lead to change.

The Scouts cited support from parents as a key reason for keeping the policy and expressed hope that the prolonged debate over it might now subside. Bitter reactions from gay-rights activists suggested that result was unlikely.

The Scouts' national spokesman, Deron Smith, said an 11-member special committee, formed discreetly by top Scout leaders in 2010, came to the conclusion that the exclusion policy "is absolutely the best policy" for the 112-year-old organization.

One protest campaign involves Jennifer Tyrrell, the Ohio mother of a seven-year-old Cub Scout, who was ousted as a Scout den mother because she is lesbian. THE ASSOCIATED PRESS



Jennifer Tyrrell and her son Cruz. BEBETO MATTHEWS/THE ASSOCIATED PRESS

Union outraged after bomb-threat accusation

Allegations that disgruntled Canadian border agents may have been behind a bogus bomb threat that forced Canadian and U.S. authorities to close the Ambassador Bridge for several hours are "baseless," leaders of the union representing the agents said Tuesday.

The bomb threat, the second in recent days, was called in Monday evening to authorities on the U.S. side of the bridge that links Detroit

In numbers

1,300

The Canada Border Services Agency announced cuts of about 1,300 jobs across Canada in April.

with Windsor.

In a news release issued shortly after the incident, the Detroit International Bridge Company, which owns the Ambassador Bridge, said it suspect-

ed the bogus threat had "something to do" with announced job cuts at the Canada Border Services Agency.

"We cannot confirm, but suspect, that this has something to do with Canada's disinvestment at the border by cutting back on customs agents," read the statement.

Jason McMichael, vice-president of the Customs and Immigration Union, said he was outraged at the suggestion. THE CANADIAN PRESS

Suspicious powder

Letter addressed to Magnotta snarls postal service

An envelope addressed to murder suspect Luka Rocco Magnotta caused a major shutdown Tuesday at a bustling Canada Post sorting centre in Montreal.

The president of the

union local says police were called to the distribution centre after an employee spotted an envelope addressed to Magnotta.

Alain Duguay says police found a white powdery substance inside the envelope.

The incident prompted a lockdown at the centre and four employees were treated for what Duguay described as psychological reactions. THE CANADIAN PRESS

Free speech?

U.S. court upholds conviction of man for aiding suicides

A Minnesota appeal court has upheld the conviction of a former U.S. nurse who scanned online chat rooms for suicidal people and then gave a young Canadian woman and a British man

instructions on how to kill themselves.

William Melchert-Dinkel, 49, has acknowledged what he did was morally wrong but argued he had exercised his right to free speech. But the Minnesota Court of Appeals said the First Amendment does not bar the state from prosecuting someone for telling suicidal people how to kill themselves. THE ASSOCIATED PRESS

Navy intelligence

Officer accused of espionage elects trial by judge, jury

A Halifax navy intelligence officer accused of espionage has elected to be tried by a judge and jury in Nova Scotia Supreme Court.

A lawyer for Sub-Lt. Jeffrey Paul Delisle was in

provincial court in Halifax on Tuesday to make the election for his client, who faces two charges of passing information to a foreign entity that could harm Canada's interests.

Mike Taylor said he and the Crown were trying to come up with dates for a three-day preliminary inquiry, which might not take place until late this fall or early 2013. THE CANADIAN PRESS

Canadian credit card users may face higher costs

Extra fees. Canadian retailers currently absorbing transaction charges when customers use Visa or MasterCard

Canadian shoppers who use credit cards may soon find themselves slapped with extra fees, if retailers win a fight against being stuck with transaction charges from Visa and MasterCard.

Retail organizations renewed their calls Tuesday for Ottawa to loosen credit card regulations following a landmark ruling south of the border that could have implications for a case that will be decided by a federal tribunal later this year.

Last week, a landmark

U.S. settlement between Visa, MasterCard and merchants thrust the debate back into the spotlight in Canada.

The two credit card companies, as well as several major banks, reached an agreement to pay U.S. retailers at least \$6 billion US to settle a long-running lawsuit that alleged the card issuers conspired to fix the fees that stores pay to accept credit cards.

The Canadian Federation of Independent Business (CFIB) is calling for changes to the federally regulated code of conduct that would allow retailers more rights, including the ability to make credit card users pay a surcharge or refuse credit cards at their stores.

The CFIB wants merchants to have the ability to add surcharges on credit card users

Competition Bureau

- The Competition Bureau argues that restrictive contracts by Visa and MasterCard allow the two credit card companies — which represent 92 per cent of the market — to essentially dictate terms to merchants.
- The tribunal has the power to force credit card companies to change their operations, but it cannot levy a monetary penalty in the case. A decision is expected later this year.

that would counteract the transaction fees charged by some credit card companies
THE CANADIAN PRESS



Little mice vs. big pharma

Michel Vandenbosch, head of the animal-rights group Gaia, displays some fake mice as he stages a protest in front of a local branch of the international pharmaceutical company Ipsen, in Merelbeke, Belgium, on Tuesday. Protesters are demanding that Ipsen stop using mice for testing its Botox brand. **YVES LOGGHE/THE ASSOCIATED PRESS**

Tech trends

Thinner screen for next iPhone?

A published report says the new iPhone will have a thinner screen. That could leave more room for a larger battery.

The Wall Street Journal is citing unnamed people familiar with the matter in reporting that the new iPhone will have a screen that can sense touches without the need for a separate, touch-sensitive layer.

Tuesday's report says that would shave off half a millimetre from the thickness of the screen.

THE ASSOCIATED PRESS

Market-rate scandal

Bank governor testifies on LIBOR

The governor of the Bank of England said Tuesday that U.S. authorities did not show him any evidence of manipulation of a key market rate when they raised concerns in 2008.

Mervyn King told a House of Commons committee that during the 2008 financial crisis, there was widespread concern about what the LIBOR was indicating about the state of banks. However, there were no fears being voiced about misreporting.

THE ASSOCIATED PRESS

Market Minute

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GOLD
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Natural gas: \$2.796 US (-1¢)
Dow Jones: 12,805.54 (+78.33)

Debt. Higher interest rate would be trouble for many Canadians: Survey

Canadians who are worried about the amount of interest they pay for borrowing money could be relieved to hear the central bank decided Tuesday to keep its benchmark rate at a relatively low level of one per cent until at least the fall.

But a recent survey, which found a significant interest-rate hike would pose a challenge to nearly half of those polled, highlights the need for better financial literacy.

Of the 1,000 Canadians randomly sampled by Harris Decima via telephone, 48 per cent of them said a significant interest-rate hike would make it difficult for them to keep up with mortgage or debt pay-

By the numbers

48%

48 per cent of the 1,000 Canadians sampled for the survey said a rate hike would make it difficult to keep up with payments.

ments.

The study came out as the Bank of Canada announced Tuesday that it will keep its key interest rates low.

The survey, commissioned by the CICA, found that roughly 60 per cent of those surveyed save less than 10 per cent of their monthly income.

THE CANADIAN PRESS



Bernanke not bullish on the U.S. economy

U.S. Federal Reserve Chairman Ben Bernanke's testimony before Congress is shown on a television screen on the trading floor of the New York Stock Exchange Tuesday. Bernanke offered a sour assessment of the U.S. economy and said the Federal Reserve is ready to take further action if growth doesn't pick up. But Bernanke provided no clues about what steps the Fed might take. **RICHARD DREW/THE ASSOCIATED PRESS**

Guess what's more common in men?



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SPAM – ONE OF THE WORLD'S WONDERS



JUST SAYIN'
Paul Sullivan
metronews.ca/justsaying

Let the bells ring out! Let the banners fly!
It's the 75th anniversary of Spam, the canned lunch meat that tastes like dog food. (Quickly, lest the Hormel

people get offended, we're talking high-quality dog food.)
Back in the dietary Dark Ages, I literally grew up on the stuff and its legion of imitators (Spork, etc.). The gelatinous goop that came with it made me gag, but vapourized nicely when the Spam was fried, and fried Spam and fried eggs with fried potatoes was a common staple, along with anything else that could be fried.

Too often around our house, it resembled that legendary Monty Python sketch set at the Green Midget Café, where all the dishes came with Spam (e.g. Spam, Spam, Spam, Spam, egg and Spam), prompting an outraged customer to ask: "Don't you have anything without Spam in it?" while a band of Vikings belted out a rousing chorus of "Spam! Spam! Spam! Wonderful Spam!"

Made from ...

"Of course, classic Spam is allegedly composed of pork shoulder and ham, heavy on the shoulder, light on the ham."

Not sure how the Vikings ended up in a sketch about Spam.... Oh, those Monty Python guys.

If you have a tender tummy, you might want to skip over this next bit. Spam now comes in 13 varieties, including jalapeno, cheese, hickory smoke, and for a limited time (to celebrate the Broadway opening of Spamalot), golden honey

grail and stinky French garlic.

Of course, classic Spam is allegedly composed of pork shoulder and ham, heavy on the shoulder, light on the ham. It was launched to a hungry, Depression-rattled nation on July 5, 1937, and since then more cans of Spam have been sold than there are people on Earth. That's a lot, more than seven billion and counting. If you slice it thin, you can feed a horde of Vikings on a single can, which retails for an average price of \$2.97. Just add Kraft Dinner, spread ketchup over the whole thing and bon appétit!

While fastidious vegan locavores may turn up their noses, people in Guam can't get enough Spam, consuming more than 16 cans per person per year, according to that estimable journal of record, Time magazine. Sadly, 60 per cent of deaths in Guam are directly attributable to poor diet and lifestyle. Score one for fastidious vegan locavores.

For those who can't get enough of this stuff, there's the annual Spam Jam in Honolulu, another Spam hot spot. The 10th annual edition was held on April 28, where aficionados chowed down on Spam-fried rice loco moco or Spam nachos at Jimmy Buffett's.

Hey, it's a lifestyle. Just not a long one.



Spam, the often-maligned classic canned lunch meat, supports frugal grocery budgets. DAVID MCNEW/GETTY IMAGES

Come on, just grin and bear it



STEVE MORGAN/GREENPEACE

Environment campaign

'Polar bear' arrest at U.K. gas station

This "polar bear" activist got a frosty reception from police after Greenpeace targeted Shell gas stations in Edinburgh (pictured) and London.

Campaigners believe the Arctic ecosystem is being threatened by oil exploration. Greenpeace said it used an emergency shut-off switch to stop gas to the pumps at one station in Scotland.

METRO

One side says ...

"An oil spill in the Arctic would be catastrophic for wildlife such as walruses and whales. The Arctic must be saved, and made a global sanctuary where oil drilling is banned."

Sara Ayeche, climate and oil campaigner at Greenpeace

The other side says ...

"Shell recognizes that certain organizations are opposed to our exploration program Offshore Alaska and we respect the right of individuals and organizations to engage in a free and frank exchange of views about our operations."

Spokesperson for Shell

Arctic's arsenal

- **Hunting for oil.** Shell is due to begin drilling at two offshore sites in the Alaskan Arctic in the coming weeks. Russian oil giant Gazprom is also venturing into the Arctic this year.
- **Untapped resources.** The Arctic holds 13 per cent of Earth's undiscovered oil reserves and 30 per cent of its undiscovered natural gas, the U.S. Geological Survey says.

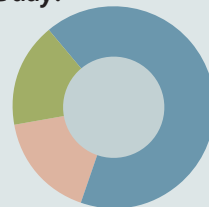


Register at metropolitanpanel.ca and take the quick poll

What would you do if your Internet went down for the day?

17% PANIC

17% I WOULD BARELY NOTICE



66% EMBRACE THE BREAK AND RELAX



Twitter

@JeremyCProuty:

Anybody in Winnipeg: I still need to find somebody to sublet my place in Westwood. If you know anyone, send them my way!

@JimCramptonWPG:

Evander Kane appears ready to sign a six-year contract with the Winnipeg Jets. Now I would say he's worthy of wearing fabled #9.

@bgranke:

Edmonton is like Winnipeg but worse actually. We'll see if this

opinion changes.

@AlexHoweWPG:

Buyer beware: Someone on Kijiji is claiming to be selling #Jets season tickets. Problem is, they're my Dad's seats! And he is not selling!

@stefspeaks:

Pretty sure forgetting what you were just about to do is the worst thing ever. Even worse than running out of cheese.

2

SCENE

Scene in brief

Simpsons coming to Springfield?

A businessman in Springfield, Ore., says it's time for the city to embrace its most famous fictional residents and create a shopping district with a Simpsons theme. Jack Koehler owns Sweetie's Frozen Yogurt, and he says business has been up since he put a set of Simpson statues in front of his store. He thinks the city should get involved, and he's proposing that a few blocks of downtown Springfield be turned into a Simpsons-themed shopping district. The city's community relations manager, Niel Laudati, tells KVAL there's no demand from the public, and he doubts anyone wants to spend tax dollars to license cartoon characters. But Laudati says the city would get behind the idea if it would benefit downtown and if other business owners and the community supported it.

THE ASSOCIATED PRESS

On the web



Post-divorce, hope grows for a renewed film career for Katie Holmes

The best and worst of Batman

Dark Knight on the rise. It hasn't always been box office brilliance as Metro looks at the Caped Crusader's past



IN
FOCUS
Richard Crouse
scene@metronews.ca

Sometimes even villains get a second chance. The Dark Knight Rises, the last entry in Christopher Nolan's epic Batman trilogy, digs deep into Caped Crusader lore to reintroduce brawny bad guy Bane.

The abnormally strong antihero first appeared in the comics in 1993 but after a ridiculous appearance in Batman & Robin earned the title as the worst onscreen Batman baddie. As a scrawny convict pumped up by a drug known as Venom, he did little except growl and act as the punch line for a bad joke by his creator Dr. Jason Woodrue. "I call this little number Bane," he says. "Bane of humanity!"

The movie killed the Batman franchise for seven years, and it looked like Bane, played by wrestler Jeep Swenson — Holy haberdashery, Batman who chose his bad lucha libre mask? — would also be relegated to the big scandal cemetery in the Sky.

Then Nolan cast Tom Hardy, got rid of the ridiculous mask and gave the brute a second chance. So Bane is back and super-evil, but how do other Batman big-screen baddies stack up on the Bat-scale of finest to vilest?



Bane is back, recast, reimagined and finally living up to all the hype. HANDOUT/WARNER BROTHERS



Ivy proved to be onscreen poison. HANDOUT/WARNER BROTHERS

The Bat's Best

Cesar Romero and Jack Nicholson both played The Joker, Batman's arch nemesis, but Heath Ledger's Oscar-winning take on the psychotic

clown in The Dark Knight is the most menacingly memorable.

Burgess Meredith made The Penguin's trademark squawking voice popular, but it was Danny DeVito in

On the web

Who was the best Batman and what did Anne Hathaway do to prepare for her role as Catwoman? Metro delved into the world of the Caped Crusader to mark the release of The Dark Knight Rises, in theatres next week. Scan this code or visit metronews.ca/features/the-dark-knight-rises.

plenty of female foes but feline fiend Catwoman is the pick of the litter. Whether it's Lee Meriwether meowing, "You're going to see the purr-fect crime, when I get Batman in my claws," or Michelle Pfeiffer wielding a 12-foot bullwhip, the creepy kitty is fun enough for nine lifetimes.

The Winged-One's Worst:

Too many one-liners from Two-Face in Batman Forever left critics unable to turn the other cheek after Tommy Lee Jones's over-the-top performance. As played by Uma Thurman in Batman & Robin botanist-turned-eco-terrorist Poison Ivy proved that not even Mother Nature gets it right every time.

If for no other reason than the joke "Ice to see you!" Batman & Robin's cold-blooded killer Mr. Freeze (Arnold Schwarzenegger) makes the worst-of list. The Governor should've been sent to the cooler for his line-readings in this one.

Batman Returns who really showed what a megalomaniacal monster he really was.

"You're just jealous because I'm a genuine freak and you have to wear a mask," he said. Batman has battled

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Katie Holmes. ALL IMAGES GETTY PHOTOS

Katie Holmes in another car accident

Katie Holmes may be enjoying her new life as a single mom in New York City, but it has been a bit more unpleasant for her chauffeur.

For the second time in a week, Holmes' car was involved in a fender-bender, with the latest incident leaving a huge dent near the car's tail.

Holmes and daughter Suri were leaving Suri's gymnastics class when their

chauffeured Mercedes was struck by a recycling truck near 33rd Street and Sixth Avenue, according to E! News.

No one was injured and a police report was filed once Holmes and daughter were home.

A few days earlier, a paparazzi vehicle hit the Mercedes while it was taking them home from a toy store.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Silverman saving Obama through sexual favours?

THE WORD

Monica Weymouth
scene@metronews.ca

Plenty of celebrities are hosting fundraising events for the Obama campaign, from Sarah Jessica Parker's swanky A-list party at her New York City apartment to Gwen Stefani's upcoming family picnic in Los Angeles. But only Sarah Silverman has offered sexual favours in exchange for campaign contributions.

In a short video titled *An Indecent Proposal*, Silverman — in her trademark cereal-stained hoodie and last-night's ponytail — attempts to persuade



billionaire casino magnate Sheldon Adelson to cancel his \$100 million check to Mitt Romney.

"If you give that \$100 million to Obama instead of Romney, I will — well, I won't have sex with you because we're not married and I'm a nice girl, but I will 'scissor' you wearing a bikini bottom through to fruition," she says.

"You'll be the only elderly billionaire on the block to have traditional lesbian sex through to climax with a girl who had her own show on Comedy Central."

Like all Sarah Silverman skits, it's probably funny if you can keep your eyes open — but we're not risking it.

Sheen making big promises

Charlie Sheen is looking to do some good, vowing to donate one per cent of his profits from his new show, *Anger Management*, to the USO, a nonprofit that helps members of the U.S. military, according to *Hollyscoop*.

Sheen has declared he will donate a guaranteed \$1 million, with no upper limit to what he'll donate should profits increase.



The initial million marks the highest donation made to the organization from an individual.

Twitter



@MileyCyrus

How is it legal for men I've never seen before to be in front of my house and then follow me around so shady and scary



@YO_RANDYJACKSON

Who in their right mind buys gold shoes...



@ElizabethBanks

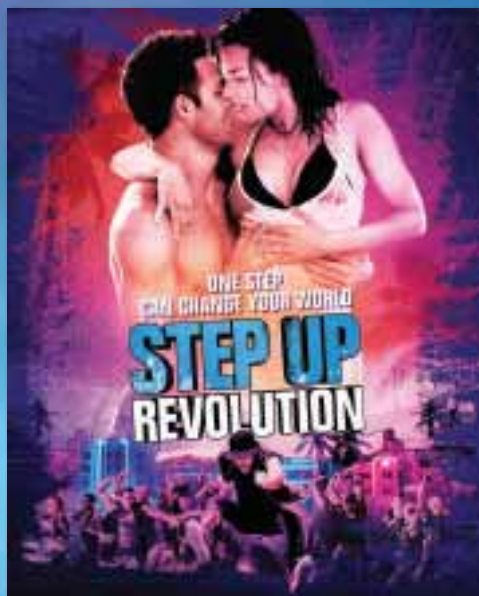
I cannot get enough of the Nestle Crunch Girl Scout Candy Bars!



@SteveMartinToGo

I'll be coming out as gay to promote my next bluegrass album but will return to straight after tour is over.

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LIFE

Travel in brief

New Yorkers embracing ferry life

More than one million passengers have ridden ferries across the East River since the service was launched just over one year ago, New York City Mayor Michael Bloomberg said Monday. That's more than double in initial projection of 409,000 riders, Bloomberg said as he and City Council Speaker Christine Quinn rode the ferry from North Williamsburg in Brooklyn to Pier 11 in lower Manhattan to mark the milestone. The ferries, which make it fast and easy to reach waterfront businesses, parks and other locations, are popular with tourists as well as locals. The service was launched June 13, 2011 as a three-year pilot program. Boats sail from several Brooklyn and Queens locations to East 34th Street and Pier 11 in Manhattan. There is also weekend service to Governor's Island in the summer. They said the city will conduct a passenger survey on board the ferry, online and via telephone in order to improve service further. "Using our waterways as transportation corridors makes for a greener and more livable city and knits together rapidly growing neighbourhoods in new ways," Bloomberg said.

THE ASSOCIATED PRESS

On the web



Everything old is new again: Rodin Museum in Philly is reopening with the same look as in 1929

Hudson River Park: A destination for recreation

Urban oasis. A group of dedicated New Yorkers have turned a once-derelict patch of Manhattan into a place for outdoor fun

In the past decade, the decrepit piers and industrial zones along eight kilometres of the Hudson River on Manhattan's West Side have been utterly transformed.

Hudson River Park is now a destination that gets 17 million visits annually, with a bike path, green spaces, playgrounds and recreation ranging from mini-golf and skateboarding to kayaking and even stand-up paddleboarding. Melissa Lopez rented a bike a few weeks ago and was amazed at what she saw as she rode downtown through the park.

"It was gorgeous, like a little nature haven, beautiful flowers, trees, and only when you looked over to your left (at the buildings), did you realize you were in between a concrete jungle and this beautiful river," said Lopez, 29, who came in from her home in suburban Westchester for the day. "Everyone was doing something active — sunbathing, rollerblading, bike riding. There was one pier with a volleyball court with sand. I kept asking my boyfriend, 'Are we really in New York City?'"

Lopez's reaction is proof of just how much things have changed along the river. For much of New York City's history, "the waterfront was where the industrial areas were," said Madelyn Wils, president and CEO of the Hudson River Park Trust. "Then in the 1960s, the port business went away and the waterfront areas became so derelict they were an embarrassment. If you saw pictures of what this looked like even 10 years ago, you'd say, 'How could anyone let that happen?'"

Looking at the ribbon of spotless walkways, plantings and creative play areas along the river today between Battery Park City in Lower Manhattan and 59th Street, it's hard to imagine what Wils is describing.

But when she and other New Yorkers began working to create the park in the late 1990s, one of her goals as a mother of three living in Lower Manhattan was simply to make more places where kids could play. In 1998, the city and state provided land for the park, and construction began in 2001.

Last year's opening of Pier 25 in Tribeca, now one of the park's most popular areas with mini-golf and volleyball, was a crowning achievement.

There are still small sections along the water awaiting redevelopment — a pound for towed cars, a facility for Sanitation Department trucks — but the walkways and bike path are uninterrupted. (Wils says the park has "more bikes on the bike paths than anywhere else in the country — 6 million a year.") Between playgrounds, lawns, sports facilities, boating options and other amenities, the park's attractions number in the dozens.

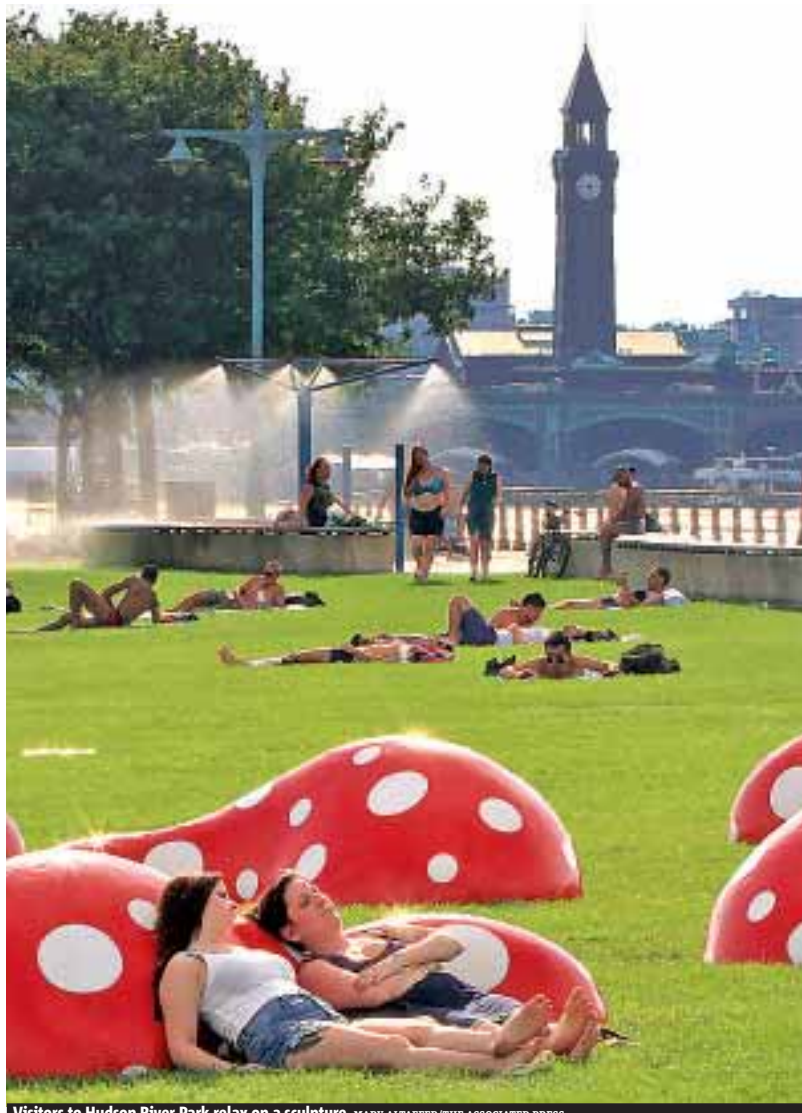
"There are so many different boating opportunities in the park now," said Nancy Brous, metropolitan region director for the Hudson River Watertrail. Many of the programs are run by volunteers to educate New Yorkers who may never have been in a kayak or out on the river before, Brous said, but the walk-up kayaking programs also get "a lot of out-of-town visitors. This is something that's really going to be driving the tourist trade as time goes on and more people seek it out."

Another aspect of the recreational boating programs is teaching the public about the river. It's a tidal estuary, so the currents are strong, and the water can be murky as the tidal flow stirs up silt. "It's not crystal clear and you can't see that deep into it, but it's not pollution," Brous said. "People are very surprised when they learn about the water quality. Just by the birds you can tell it's clean — they're out there and they're catching fish."

Hudson River Park is also home to historic vessels that can be toured; public art like the AIDS memorial at 11th Street; yoga and other fitness programs; concerts, walks and talks, including a Sunday morning nature tour where participants learn about the park's 85 species of birds. Little wonder the park has started turning up in travel guides to New York City as an option for visitors looking for something to do besides shopping, theatre and museums.

If you go...

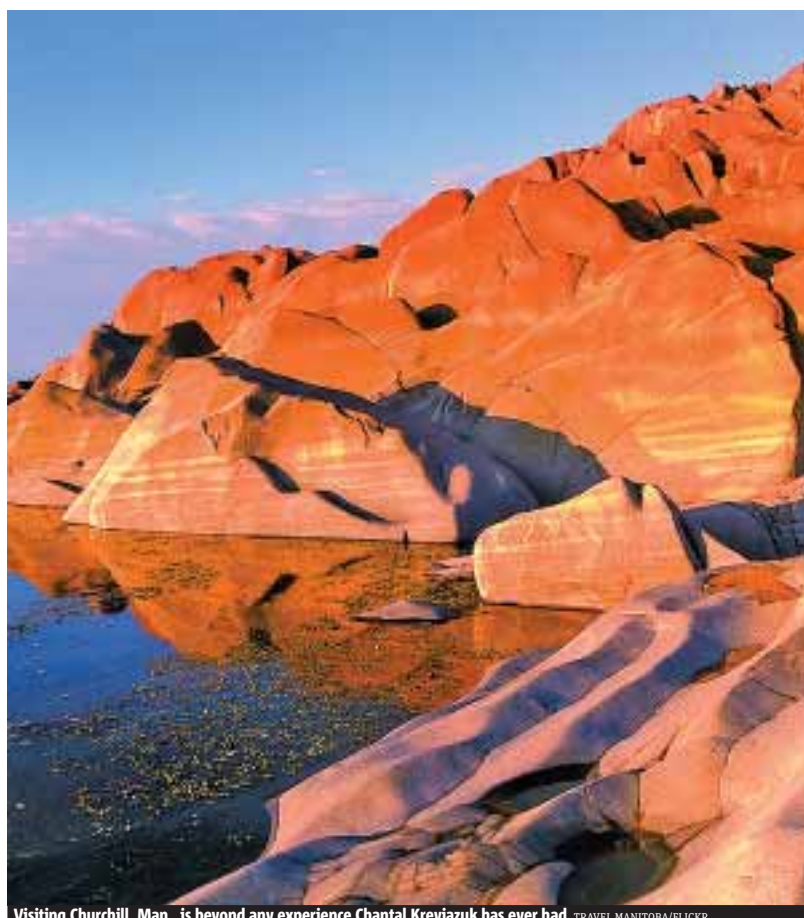
- **Hudson River Park.** Battery Park City to 59th Street. Walkway, bike path, playgrounds, sports, boating. Detailed information on activities and calendar of events including fitness classes and concerts, hudson-riverpark.org.



Visitors to Hudson River Park relax on a sculpture. MARY ALTAFFER/THE ASSOCIATED PRESS



Eight kilometres along the Hudson River have been transformed. MARY ALTAFFER/THE ASSOCIATED PRESS



Visiting Churchill, Man., is beyond any experience Chantal Kreviazuk has ever had. TRAVEL MANITOBA/Flickr

Churchill offers true solace for Chantal Kreviazuk

Reconnecting.

Singer-songwriter loves taking time to unwind in the land of polar bears and dogsled runs

My favourite Canadian spot is Churchill, Man. I have been going there for years, for all sorts of reasons — ranging from personal trips, to program awareness building for Polar Bear International.

I have also gone to the region for a discovery voyage regarding my ancestors who used to run the land up at York Factory, the very origin of The Trade.

It is an adventure in the summer — you must have a rifle nearby, the polar bears roam about ... the belugas are



Chantal Kreviazuk
HANDOUT

feeding in the bay, it is beyond magical.

This remote place offers true solace ... I find myself totally of fline, and reconnected — to nature and humans ... everyone up there seems to be there for the same reasons ... it's the ultimate escape into "like-minds" or parallel intentions. Especially in Churchill in the winter,

when it can get brutally cold, I feel like it's a true bonding experience with the other people up there.

The food is unexpectedly sophisticated and delicious, perhaps to completely blow away the common tourist, not sure ... but it's ridiculous.

Putting hot rocks in your mitts and boots, sitting by the fire with hot chocolate after a dogsled run ... or hanging on the tundra buggy for hours on end watching the polar bears in the behaviour patterns ... it is beyond any other experience I have had.

Every time I go, I truly feel like it's the first time back.

CANADIAN SINGER-SONGWRITER CHANTAL KREVIAZUK'S NEW CD/DVD SET IN THIS LIFE WAS RELEASED EARLIER THIS MONTH. RECORDED LAST SUMMER AT THE JACKSON TRIGGS AMPHITHEATRE, THE JUNO AWARD WINNER IS ACCOMPANIED BY THE NIAGARA SYMPHONY WHILE SHE PERFORMS HER HIT SONGS.

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Get inspired by Asian flavours of bok choy and oyster mushrooms



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rosereisman.com

The combined flavours of bok choy, mushrooms and this sesame sauce is outstanding.

I use whole oyster mushrooms for appearance as well as texture. Feel free to substitute other mushrooms, but it is best to slice them in large pieces.

I love to serve this alongside a fish or chicken dish.

1. Combine the soy sauce, sesame oil, oyster sauce, sugar, garlic, ginger and chili sauce in a small bowl and set aside.

Ingredients

Sesame Sauce

- 1 tbsp low-sodium soy sauce
- 2 tsp sesame oil
- 1 1/2 tsp oyster sauce
- 1 tbsp brown sugar
- 1 tsp finely chopped garlic
- 1 tsp finely chopped ginger

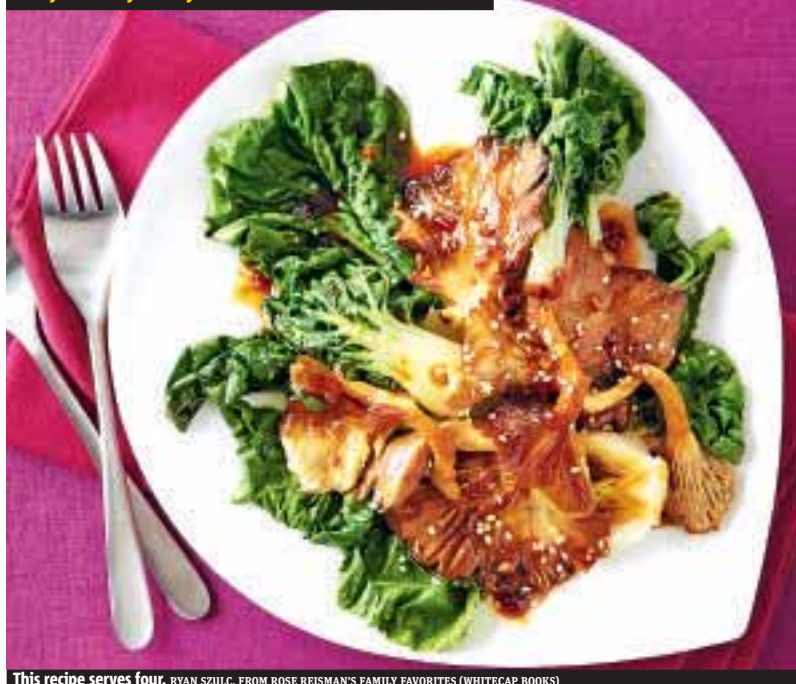
2. Lightly coat a large, non-stick skillet with cooking spray, add the oil and set over medium-high heat. Add the mushrooms and sauté for 5 minutes or until tender. Add the sauce and cook for 2 minutes, until slightly thickened.

3. Place a shallow layer of water in a large saucepan and bring to a boil. Place the bok choy in the saucepan, cover and cook for 2 minutes or just until it is bright green.

4. Drain well and place on a serving dish. Top with the sautéed mushrooms and sesame sauce, sprinkle with sesame seeds and serve immediately. **ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)**

- 1 tsp hot chili sauce
- Vegetables**
- 2 tsp vegetable oil
- 8 oz whole oyster mushrooms
- 6 baby bok choy
- 1 tsp toasted sesame seeds

Baby Bok Choy and Oyster Mushrooms with Sesame Sauce



This recipe serves four. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Drink of the Week

'You put the lime in the coconut'

This delicious combination makes the perfect drink for those cool summer nights on the patio.

- 375 ml (1.5 cups) coconut milk
- 1 can (250 ml) frozen concentrate margarita mixers
- 250 ml (1 cup) white rum (optional)
- 1 l (4 cups) ice cubes
- 1 lime chopped for glass rim

In a blender, combine coconut milk, margarita frozen concentrate and rum, if using; add ice cubes. Pulse until blended and frothy, about one minute. **THE CANADIAN PRESS/BACARDI MIXERS, RUM**



Asian Slaw. Teriyaki sauce nicely dresses up this crunchy side dish



This crunchy vegetable mix of broccoli and cauliflower hearts, red cabbage and carrots gets an Asian twist with a tofu teriyaki sauce. The slaw would be a good side to grilled meat or fish.

1. In a large bowl, place vegetable mix and add yellow pepper. Add tofu, along with oil and vinegar, and mix well.

2. Let mixture sit for 1 hour or overnight in refrigerator. Sprinkle with sesame seeds before serving.

THE CANADIAN PRESS/SUNRISE STIR-FRY TOFU N' SAUCE

Ingredients

- 1 pkg (350 g/12 oz) vegetable mix (broccoli, cauliflower, red cabbage, carrots)
- 1 sweet yellow pepper, sliced thinly
- 1 pkg (250 g/8 oz) stir-fry tofu cubes with teriyaki sauce
- 15 ml (1 tbsp) sesame oil
- 45 ml (3 tbsp) rice vinegar
- Sesame seeds, for garnish

Chinese barbecue pork, or "char siu" in Cantonese, is a standard item found in every Chinese deli and restaurant. Not so traditional is one family's rather unique way of making it — with paper clips.

And the credit goes to uncle, Kin Woo. When he was a college student, he wanted to experiment with making traditional char siu. He says that "in the old days" in China, people would cook the pork in a clay or brick oven with a wood or charcoal fire underneath.

There were bars inside the oven with metal hooks that held the meat over the heat.

So one day, as family lore has it, he started fooling around with a paper clip. When he bent both ends into an S-shape, he discovered the perfect hook. And so the paper clips have been a trademark of his char siu for more than 30 years.

Ingredients

- 3- to 4-lb pork shoulder butt roast
- 8.5-oz jar hoisin sauce
- 1 cup white wine
- 1/3 cup of sugar
- 1 tbsp hot sauce
- 2 tsp kosher salt
- 24 large paper clips



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. Cut pork lengthwise into 6 thick slabs. Cut each slab into 4 strips. Set aside.

2. In bowl, combine hoisin, wine, sugar, hot sauce and salt. Mix well until the sugar has dissolved. Add sliced pork and mix to ensure all of the meat is evenly coated. Cover and refrigerate for at least 24 hours.

3. When ready to cook, set one oven rack at the highest point. Remove the remaining racks.

Heat the oven to 400 F.

4. Remove pork from refrigerator. Bend each paper clip, opening it to create a double-sided hook that resembles an S. One at a time, thread one side of a paper clip hook through one of the narrow ends of each strip of meat. If you hold one up by the paper clip, the meat should hang down vertically.

5. Open oven and, using oven mitt, pull rack forward. Set a rimmed baking sheet lined

with foil under it (it will rest on the door for the moment).

6. One at a time, use paper clips to hook pork onto the oven rack so they hang down from rack's underside. When all meat is hung, push rack and rimmed baking sheet into the oven. Roast 45 minutes. When meat is cooked, carefully unhook and remove paper clips before serving.

TERRY WANG/ THE ASSOCIATED PRESS

Students, don't despair about debt

Getting in the red, without turning red.
Why education pays but BMWs don't

JELEEN YU
TalentEgg.ca

Let's face it. Debt happens. It's a fact of life that almost all of us will need a little financial help at one point or another, whether it's for our home, car, livelihood, education — even our groceries. Debt is an inevitable circumstance of life, and, for

the most part, it's categorically evil. But here's the kicker: Debt isn't always such a bad thing.

The basics

Ever heard of good debt? Yes, it's an oxymoron, strange and it seems mythical at best, but believe it or not there are some things out there worth owing money for.

Here's what's on the "good" list:

- Your home
- Your own business
- Your education

These are otherwise known as things that will increase in value over time and give you the best bang for your borrowed buck. Because you're borrowing to finance things that won't lose their value (and will actually earn you money in the long-run), this kind of debt is considered good and justifiable.

Bad debt, on the other hand, is money borrowed for things that will depreciate in value over time,



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sometimes even instantly (think: as soon as you leave the store!). Consumable goods like clothes, cars, video games and flat-screen TVs are expendables, as are pricey out-of-town trips you can't afford.

Left unmanaged, this kind of debt could leave you facing years — even decades — of loan payback ahead.

And the worst "bad" debt you can make? Credit card debt, since it usually carries the highest interest rates

and the most onerous pay-back schedules out there.

Education gives back

Student loans — burden-Canadians. In other words, government-backed student loans not only increase your

Check before cheque

Do your research

- It's important to note that the guidelines for a Canada Student Loan (CSL) vary from province to province, and the amount each student is granted depends on a lot of different factors.
- Doing your due diligence by visiting the National Student Loans Service Center's (NSLSC) website and CanLearn will help, as will considering other loan options like a low-interest line of credit from your local bank.

future earning potential, they also give you a tax credit on the interest portion of the amount paid on your loan each year.

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Loonie loop hole

"In Canada, interest on student loans is tax deductible, so you can at least get some money back from the government, should you file your taxes properly"

Finance blogger Youngandthrifty

Summer fun vs. funds

To the beach or the bank? How to save the money you make at your summer job

SAMANTHA SIM
TalentEgg.ca

For students, summer is a time to kick back, relax and enjoy the few months they don't have to study. But as the temperature rises so does the spending on social activities, which can eat away at money saved for the upcoming school year. So what can students do to help better balance their saving and spending this summer?

TD Canada Trust spokesperson Michelle Snow, group product manager for Everyday Banking, says the biggest financial mistake she sees students make is a complete lack of planning. "A lot of times it's just a complete lack of money-management altogether," she says. "They just live life as it goes by and don't plan."

Snow recommends three steps students should follow when managing their money this summer:

Plan Students should plan for their expected expenses (school, living costs and



Don't be blue when the books come back and your piggy is empty. ISTOCK

social life) and revenues (summer job, scholarships/bursaries, loans and parents). "Remember to pay yourself first," says Snow. "TD has a pre-authorized transfer service (PTS) that automatically moves a pre-set amount from your chequing to savings each time you're paid."

Track It's important for students to keep track of how much and what they're spending their money on, especially if you go over budget.

Adjust "Remember that life is fluid and full of changes," says Snow. "Extra expenses and/or extra revenue streams can pop up. It's important to

take this money into account and determine the best way to allocate it."

University of Waterloo life science student Jaynell Rosario worked part-time at a doctor's office during the day and as a soccer referee at night last summer.

She says the best way she managed her money was immediately separating her paycheck into savings and spending the minute she was paid.

"When you get paid, divide your pay cheque into chunks. Still have fun, but save most of it because when the school year comes around you'll regret your summer overspending," she says. Snow suggests students check out student bank accounts with no monthly fees, or automatic saving programs that allow a fixed amount to be transferred from your chequing account to savings every time a debit transaction or ATM withdrawal is made. She says these can be helpful proactive tools for students to keep on top of managing their money.

SAMANTHA SIM IS A JOURNALISM STUDENT AT RYERSON UNIVERSITY AND AN ASPIRING BUSINESS REPORTER.

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4

SPORTS

Golf

"It's been lovely just going about my business. It's been nice to sort of prepare and there's definitely not the madness that was going on last year."

Rory McIlroy is enjoying the approach to this year's British Open much more than last year, when Rorymania was at its peak. Back then, the curly-haired Northern Irishman was coming off his first major victory — a runaway at the U.S. Open — and being heralded as the new face of a game desperate to move past Tiger Woods' stunning downfall. But since his eight-stroke win at the U.S. Open, McIlroy hasn't been much of a factor in the majors. He is just 23 years old, and even now, while admittedly mired in a bit of a slump, he's holding down the No. 2 spot behind Luke Donald in the world rankings.

"I don't think my game completely went off. Everyone has bad spells and I had a couple of bad weeks where I didn't play so well."

THE ASSOCIATED PRESS

Mobile sports



In the third week of racing, the Tour de France peloton is worn down. The nervousness of the first week has given way to physical and mental stress. At this point in the race, many of the riders left will simply hope to make it to the finish-line in Paris. Scan the code for the story.

Splitting cash a sticking point as NHL labour talks resume

Hockey. Negotiations continue with current bargaining agreement set to expire Sept. 15

The NHL and the NHL Players' Association are set to resume labour talks on Wednesday at the league offices in New York.

Total revenue of the league's operations is the biggest sticking point right now, and it's an important one.

The players like their cut

right now. The owners don't.

The two sides met last Friday in another round of negotiations for a new collective bargaining agreement.

There were multiple reports coming out of the last round of talks that the owners' offer included players' hockey-related revenues getting slashed from 57 per cent to 46 per cent. It also was reported players would be forced to wait 10 years before becoming unrestricted free agents and contracts would be limited to five years — a major change considering Zach Parise

and Ryan Suter decided to sign matching 13-year, \$98-million US contracts with the Minnesota Wild.

NHLPA executive director Donald Fehr and NHL deputy commissioner Bill Daly are among those meeting Wednesday. The two sides have regularly met since opening talks June 29.

NHL commissioner Gary Bettman said after Friday's session, "We've got a lot of work to do in a relatively short period of time."

Fehr said he didn't know

what kind of short time frame Bettman was talking about.

"The optimum would be to get a deal done as soon as you could," Fehr said, adding he viewed a strike as a "last resort."

"What a last resort means is you bargain in good faith, you do everything you can, you listen carefully to what the other side says, you make counter-proposals when you can, where you believe it's consistent with the kind of contract you believe is appropriate, and you keep at it until you get an agreement," he said. **THE ASSOCIATED PRESS**

Labour veteran

- Commissioner Gary Bettman oversaw the 1994-95 NHL lockout that forced a 48-game regular-season schedule.
- When labour problems lingered in 2004-05, Bettman shut down the league.
- It took years for the NHL to recover from the lost season.



Jays lose to Yankees again without ailing Bautista

Andruw Jones of the Yankees hits a three-run homer during the second inning Tuesday in New York. The Yankees defeated the Toronto Blue Jays 6-1. The Jays' Jose Bautista is on the 15-day disabled list but was relieved to learn there's no structural damage in his ailing left wrist. He thinks he could return as soon as he's eligible, though manager John Farrell said it's too early to tell. Bautista left Monday night's game feeling pain in his wrist after hitting a foul ball in the eighth inning. The Jays called up Anthony Gose from triple-A Las Vegas to fill the roster spot. **MIKE STORBE/GETTY IMAGES**

Cycling. Frank Schleck fails doping test at Tour

Frank Schleck of Luxembourg pulled out of the Tour de France and spent several hours in a police station in southwest France on Tuesday after failing a doping test.

The UCI said Schleck tested positive for a banned diuretic called Xipamide on July 14, another reminder of the doping cloud that has damaged the image of cycling — and its biggest event.

RadioShack team spokesman Philippe Maertens said Schleck went to the Pau police station of his own accord to co-operate with authorities. **THE ASSOCIATED PRESS**



Frank Schleck THE ASSOCIATED PRESS FILE

NHL

Stevens named assistant coach

Scott Stevens, a longtime New Jersey captain and defenceman, was named an assistant coach by the Devils on Tuesday.

Stevens, who was inducted into the Hockey Hall of Fame in 2007, was the first player to have his jersey retired by the Devils. His No. 4 hangs from the rafters at the Prudential Center, next to Scott Niedermayer (No. 27) and Ken Daneyko (No. 3), also defencemen who joined Stevens in leading New Jersey to three Stanley Cup titles (1995, 2000, and 2003). **THE ASSOCIATED PRESS**

NBA. Raptors unveil Kyle Lowry and Landry Fields

Point guard Kyle Lowry and swingman Landry Fields were introduced at the Air Canada Centre in Toronto on Tuesday.

Raptors general manager Bryan Colangelo said they are "giving the keys" to Lowry with hopes that he can become the cornerstone of a young, emerging team.

Lowry was acquired last week in a trade with the Houston Rockets that saw forward Gary Forbes and a protected future first-round draft choice go the other way.

The Raptors haven't been to the playoffs since the 2007-08 season, and haven't progressed past the first round

Quoted

"Being given the keys I think I can drive this car to (becoming) a playoff team." **Raptor Kyle Lowry**

since a 2001 East semifinal against Philadelphia that Lowry called "one of the best series I've ever witnessed on TV, period."

Lowry said he and Fields will help the team's defensive makeover, something that head coach Dwane Casey started last season with promising results. **THE CANADIAN PRESS**

Aim getting better with age

Soccer. Canada's captain Sinclair developed her game while keeping up with big brother

Whenever Mike Sinclair drives by the old house in Burnaby, B.C., he can't help but marvel at the fact it's still standing.

"It took a beating," Sinclair says with a laugh. "I don't know how it's still upright. But I guess that's what you get when you get two really competitive kids around the same age."

Those two kids were Mike and younger sister Christine, who would leave countless broken windows and scuffed walls in her wake en route to becoming Canada's finest women's soccer player.

"Oh God, our windows, our next-door neighbours' windows, the windows of our neighbours two houses down," he said. "We've broken more things."

The concrete basement floor of their three-bedroom house provided the perfect venue for everything from roller-hockey to golf to soccer.

Fast forward a couple of decades and Christine Sinclair's aim has definitely improved. The 29-year-old is Canada's leading goal-scorer and has the



Burnaby, B.C., native Christine Sinclair signs autographs after the championship game of the CONCACAF women's Olympic qualifying tournament against the United States at Vancouver's BC Place Stadium in January. RICH LAM/GETTY IMAGES

third-most international goals in women's soccer history, trailing Americans Mia Hamm and Abby Wambach.

She'll lead a squad that will be playing for a medal on sport's grandest stage — the No. 7 Canadians will open the London Olympic Games against third-ranked Japan on July 25.

Trying to keep up with her

older brother on the streets and playgrounds over the years built a toughness in Sinclair that was well on display last summer, when the striker scored on a beautiful bending free kick against Germany at the women's World Cup moments after her nose was shattered. Canadian goalkeeper Erin McLeod said it looked "like a zigzag."

Her goal was the lone bright spot at an otherwise disastrous World Cup that saw the Canadians knocked out after the preliminary round without a win.

But Sinclair said spirits are high heading into London. The team hired Englishman John Herdman as head coach in the fall and went on to beat Brazil to win the Pan American

Games in October.

With 12 returnees from the Beijing Olympic team, Sinclair said Canada will field a squad that is wiser from its experiences in China.

"It was the first time our soccer team had qualified, and none of us had been there before and we were all inexperienced," Sinclair said. "The Olympics can be overwhelm-

Cup half empty

The Canadian women's team spent the past few months based in Vancouver, with training scheduled in three-week blocks with a week away in between to train at home.

- They spent several months before the World Cup in Rome, a grind that had players counting the days until they could go home.
- "Players were ready to go home.... That is not what your mindset should be at a World Cup or an Olympics," Sinclair said.

ing, but now that there's a core group of us who have been there before, we can sort of help the younger players know what to expect that we didn't know four years ago."

Such as not wasting energy chasing after superstar athletes.

"I remember our team four years ago trying to get pictures with people during times when normally in camp you'd be resting, lying in bed watching TV. But instead people were out stalking Lionel Messi and things like that. That needs to change." **THE CANADIAN PRESS**

Basketball. London likely last hurrah for Canadian women's captain Gabriele

Every morning for the past several years, Teresa Gabriele has crawled out of bed in pitch darkness to stock bread.

The alarm rings at 3:45 a.m. and she's in her first store in Abbotsford, B.C., by 4:30, when most people are still fast asleep.

Not the most glamorous work for Canada's women's basketball captain, but her job with her family's bread business has allowed her to pursue her Olympic dreams — and her appearance in London will be the punctuation mark on an illustrious career.

The 32-year-old point guard



Teresa Gabriele TORSTAR NEWS SERVICE

from Mission, B.C., doesn't see her work as a sacrifice and scoffs at any suggestion she's put her life on hold.

"This is my dream and what I love to do, so this is what I'm doing right now," Gabriele said after a practice Tuesday at the Air Canada Centre in Toronto.

Gabriele has been the mainstay of Canada's women's team for more than a decade, and is the only remaining player from the 2000 Sydney Games, the last time a Canadian basketball team has stepped onto sport's biggest stage.

"I'm thinking of retiring after this, so it's a storybook ending for me," Gabriele said. "I started my career very early with an Olympics and then to be able to end it with an Olympics, it's awesome."

The Canadians qualified for the Games at the 11th hour, beating Japan in a must-win game in a last-chance qualifier on Canada Day to earn the final berth.

"We were just telling everybody we wanted to qualify on Canada Day," Gabriele laughed about their nail-biting run through qualifying.

THE CANADIAN PRESS



Pistorius finishes second in final tuneup in Italy

South African double-amputee sprinter Oscar Pistorius finished second in a 400-metre race in Italy on Tuesday, his final tune-up for the London Olympics. Pistorius clocked 46.56 seconds — well off the personal best of 45.07 he ran at the same meet last year — to finish behind Calvin Smith of the United States. Smith won in 45.52. **PAOLO GIOVANNINI/THE ASSOCIATED PRESS**

Track. Blake on 'right path' after winning final race before Games begin

Yohan Blake warmed up for the London Olympics by timing 9.85 seconds to win the 100 metres at a meet Tuesday in Lucerne, Switzerland, his first competitive race since beating Usain Bolt twice at the Jamaican Olympic trials.

Blake was far from the fastest out of the blocks but powered through the field with legal wind assistance of 1.6 metres per second. Jamaica teammate Michael Frater was second in 10.

"Definitely I am on the right path for the Olympics," the 21-year-old world champion said. "This is where I am supposed to be. I want to remain unbeaten and that's what I am

Quoted



"I didn't come here to run a quick time but it's still a fast time. Not many guys run 9.85."

Yohan Blake

doing."

Only three-time Olympic champion Bolt (9.76) and 2004 Olympic winner Justin Gatlin (9.80) have run faster this season. **THE ASSOCIATED PRESS**

Weather

Rain may go away for Games opening

The sun may, just may, shine on the London Olympics.

The Met Office, which forecasts the weather in one of the world's most fickle climates, said Tuesday the rain that has soaked England for

weeks and kept temperatures cool could give way to sunshine in time for the opening ceremony on July 27.

Apart from raining on London's parade, the weather has been worrying organizers of equestrian and rowing events, where venues have been waterlogged by weeks of constant rain.

THE ASSOCIATED PRESS

5

DRIVE

Top Gear

That's right, jack

If you tow a medium to large trailer, you know what a hassle it is to use cinder blocks or pieces of wood to get the trailer to sit at the desired height. Where do you put the blocks when they're not in use, anyway? Attaching the sturdy Flip Jack Foot from Fastway products would appear to eliminate that problem. When secured to the trailer's tongue jack, it automatically drops down when the jack is extended, thereby adding up to six extra inches in length. It also automatically tucks up out of the way when the trailer jack is retracted. The Flip Jack Foot is available for 2 and 2.25-inch tongue jacks for \$50 US from the company at fastwaytrailer.com, which also shows a list of local dealers.

WHEELBASE

On the Web



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This Lexus may have you voting y-ES



ALL PHOTOS WHEELBASE

Engines

The ES 350's powertrain is straightforward, consisting of a 268-horsepower 3.5-litre V6 accompanied by a six-speed automatic transmission that carries over virtually unchanged from the 2012 edition.

But, for 2013 it doesn't end there. A new ES 300h hybrid features a 156-horsepower 2.5-litre

four-cylinder gas engine that combines with a 141-horsepower electric motor to generate 200 net horsepower. Both function through a continuously variable transmission.

The hybrid borrows its powertrain from the Toyota Camry hybrid and represents a natural extension of the ES brand, especially since the recent demise of the Toyota-Prius-based HS 250h.

2013 Lexus ES 350/ES 300h

- **Type:** Four-door, front-wheel-drive midsize entry-luxury sedan.
- **Engines (hp):** 3.5-litre DOHC V6 (268); 2.5-litre DOHC 4 with electric motor (200, net).
- **Mileage:** L/100 km (city/hwy) 10.7/7.0 (3.5).
- **Base Price:** \$44,000 (est.)

Interior

Other than the primary tach and speedometer gauges, the dashboard's control centre is a busy spot, with numerous minute knobs and buttons handling ventilation, audio and communications tasks. Fortunately, the console-mounted Remote Touch Interface can manipulate much of these systems in a relatively uncomplicated manner.

Base content

Being in the luxury realm, the ES 350 starts out with considerable standard equipment including power moonroof, 10-way adjustable power front seats, backup monitor, push-button start and an eight-speaker audio system. There's also a Drive Mode selector with Normal, Eco, or Sport settings for the powertrain and steering system.

Review. It's about time the world regarded the ES as a real Lexus

MALCOLM GUNN

Wheelbase Media

More style and substance are features the 2013 Lexus ES 350 can brag about. How-

ever the Toyota-Camry-based sedan can now include superlative fuel economy to its bag of tricks in the form of the gasoline-electric ES 300h hybrid.

The ES has always enjoyed a sterling reputation with Lexus buyers as the fleet's go-to entry-luxury model, even though the sportier IS series is less expensive. But in this league, size counts for plenty and the longer, wider

and roomier ES beats the pants off the IS in the space race.

For 2013, interior volume has been slightly increased due to the addition of about five centimetres between the front and rear wheels. That adjustment makes the ES more livable, especially for rear-seat riders, but it's the car's outward appearance that's bound to make it a lot more likeable. Lexus's new

character-building corporate face features a prominent lower air intake that first appeared on the GS sedan, along with restyled headlights and shapelier hood. It's a look that will show up on the rest of the fleet in due course.

In addition, the backside has been reworked to give the sedan a bit more bustle. The physical adjustments add considerable sparkle to

what had been a design that for years was unnecessarily understated.

With its luxurious cabin environment, stress-free engine performance and trouble-free reliability, the ES should continue to garner serious consideration from entry-luxury shoppers. Dial in an invigorated redesign plus a fuel-sipper option and more folks than ever will likely vote y-ES.

Time for a change

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Horoscopes

♈ Aries

March 21 - April 20

Temptation will come knocking today. Do you answer the door and let it in or do you call on all your powers of self-control and ignore it? Only you can decide, but consider this: Is enjoying yourself really a sin?

♉ Taurus

April 21 - May 21

You may find it hard to control your emotions today. Pluto, planet of extremes, will make you a bit touchy and maybe a bit jealous too. So, watch you don't go over the top and say something you'll later regret.

♊ Gemini

May 22 - June 21

Someone you work with seems determined to find fault with everything you do and it's getting you down. All you can do is sit tight and wait for him or her to get fed up with his or her carping.

♋ Cancer

June 22 - July 23

Close your ears to gossip because hardly any of what you hear today will be true. Someone is trying to poison your mind against a person you have known and trusted for years. Don't fall for it.

♌ Leo

July 24 - Aug. 23

Steer clear of a feud that is none of your business. If you get involved, it will make it appear you have taken sides. Before you know it, you'll be involved in a war of words no one can win.

♍ Virgo

Aug. 24 - Sept. 23

The more others say you need to make changes, the more you must resist. This is not the right time to throw everything up in the air. That applies as much to your personal life as it does to your career.

♎ Libra

Sept. 24 - Oct. 23

Something you have grown used to over the years will go out of your life today but that's good because it has been taking up more time and space than it deserves. Make room for new things.

♏ Scorpio

Oct. 24 - Nov. 22

Don't be silly and make promises you might want to back out of later on. And don't use emotional blackmail to get what it is you most desire. What will you do if your bluff is called?

♐ Sagittarius

Nov. 23 - Dec. 21

Both at home and at work you should strive for a more relaxed and forgiving attitude today — not because others deserve to be forgiven but because it will be you who suffers most if you get uptight.

♑ Capricorn

Dec. 22 - Jan. 20

If things don't work out the way you plan today, chances are it's only a temporary setback. There's no need to panic. Have more patience with yourself and, most importantly, think long-term in everything you do.

♒ Aquarius

Jan. 21 - Feb 19

No matter how much others may say you should loosen the purse strings, you know it's the wrong thing to do. Luxury items must stay off your shopping list until such time as you can afford them.

♓ Pisces

Feb. 20 - March 20

Passions will be running high today, so think before you act both at home and at work. If someone in your family does not like the friends you hang out with come right out and ask them why. **SALLY BROMPTON**

Crossword: Canadianisms

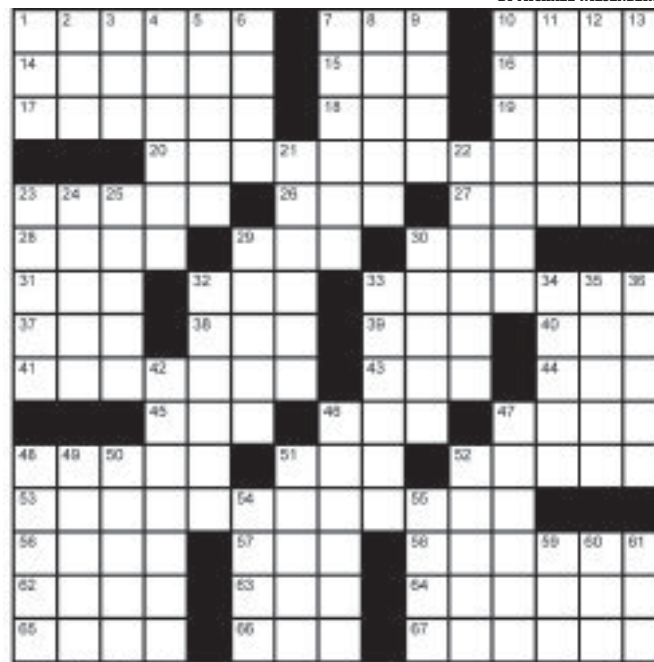
Across

1. "No, really?" in Newfoundland
7. Canadian name for US calls soda
10. Isl. S of Aus.
14. Antique photos
15. One in the East
16. Concept, in Québec
17. Bend an elbow
18. "Sprechen _____ Deutsch?"
19. Track event
20. Hooch on Prairies; in ON, mix of beer, vodka, lemonade
23. Noted lover
26. Majors in acting
27. "Oye como va, mi _____"
28. Hatchet man
29. Pub mate
30. "But _____ me a canny hour ...": Burns
31. Crude msmt.
32. Guar _____
33. Tykes' clothing chain
37. Internet giant
38. 7 Faces of Dr. _____
39. _____ possidetis: as you possess, at law
40. "Achtung Baby" producer Brian
41. Double 12-pack of Molson's or Moosehead
43. Star Trek letters
44. Scotsman's wee drape
45. Car safety feature
46. E-I fill
47. Car roof with removable panels
48. Stadium cousin
51. Dog's bark
52. Poseur
53. Coffee with 2 creams, 2

- sugars at 10-Down
56. Bards strings
57. Chevys, Cads
58. Clectoral district: Canadian term
62. Green subj.
63. "Shoo!"
64. Fatigue cause
65. Nap
66. Sides in cricket
67. Swindled

Down

1. Fed. tax
2. Wu _____; tenet of taoism
3. PC program
4. RCA Victor dog
5. Jungle Book bear
6. 1914 Belgian battle line
7. Shoved
8. Cooling
9. Mackenzie tributary in YT and NT
10. Canada's quintessential fast food place, familiarly
11. "We owe you _____ of gratitude"
12. "Call 'em as I _____"
13. Montréal's underground
21. Hue and cry
22. Containing a certain precious element
23. Morocco capital
24. The _____ Incident: 1943 Western
25. _____ Yello soft drink
29. Hawaiian feast
30. Men's briefs, on the Prairies
32. _____ warming
33. Chinese self-defense



BY MICHAEL WIESENBERG

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34. Place to eat, in PQ
35. Workers' group
36. Overly sentimental
42. Part of car's cooling system
46. What Canadians expect by late summer
47. PQ corner, variety, or convenience store
48. Holmes's adversary Irene

49. Rolls partner
50. Italian money
51. Sys _____: IT VIP
52. Either of two noted Roman authors
54. Frozen waffles
55. Boast
59. Baby-sitter's headache
60. Never: Ger.
61. Flit about

Yesterday's crossword



What's online

See today's answers at metronews.ca/answers.

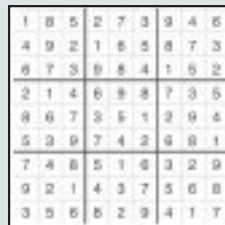


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

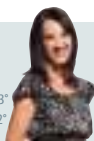


Weather

TODAY

THURSDAY

FRIDAY

MAX: 27°
MIN: 16°MAX: 31°
MIN: 19°MAX: 33°
MIN: 22°

JENNA KHAN
WEATHER SPECIALIST

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